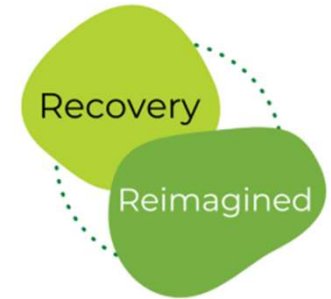


GROUP CALENDAR

November 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Open Skills Group 2:00-3:30pm	Online Skills Group 10:00-11:30am	Specialty Group 2:00-3:30pm	Open Skills Group 2:00-3:30pm
2 Coping with Cravings	3 Navigating Risk	4 Queer: Anger & Resentment	5 Radical Acceptance
9 Challenging Stigma	10 Navigating Post- Acute Withdrawal	11 Women/Non-Binary: Honouring Grief	12 Self Compassion
16 Distress Tolerance	17 Relapse & Growth	18 Queer: Exploring Emotions	19 Self-Preservation
23 Window of Tolerance	24 Refusal Skills	25 Women/Non-Binary: Intimacy & Sex	26 Motivation & Momentum
30 Building Boundaries	1 Exploring Emotions	2 Queer: Patriarchy & Heteronormativity	3 Conflict & Repair

Visit www.calendly.com/RecoveryReimagined
to reserve a spot in an
upcoming group!

(Spots are released 14 days prior to each session)

*Specialty groups are reserved for listed populations only

Resource of the month:
Toronto's Drug Checking Service.
Offers people who use drugs
timely and detailed information
on the contents of their drugs.

<https://drugchecking.community/>

416-786-4168

(text or call)

RecoveryReimagined@tehn.ca